



Tools for the Journey: Expanding Awareness with Meditation and Mottoes

11 May 2024

What to Expect

Before Lunch

9:00 – 9:30	Registration
9:30 – 10:00	Welcome, Context for this Day Welcoming Prayer of Center Prayer Practice
10:00 – 10:45	The Meaning of Mottos: Origin and Use Motto 1
10:45 – 11:30	Motto 2
11:30 – 12:00	Motto 3

After Lunch

12:00 – 12:45	LUNCH with optional activities
12:45 – 1:30	Motto 4
1:30 – 2:15	Motto 5
2:15 – 2:30	Closing Meditation & Benediction

2 Minute Music Interlude

Motto

Storytelling

Guided Meditation & Silence

Participant Reflections

Opening Guided Meditation: Centering Prayer

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With the demise of religion, many people are left stranded in a chasm of emptiness and doubt; without rituals to recognize, celebrate, or negotiate the vital thresholds of people's lives. The key crossings pass by, undistinguished from the mundane, everyday rituals of life... If we approach our decisive thresholds with reverence and attention, the crossing will bring us more than we could ever have hoped for.

To Bless the Space Between Us, O'Donohue, 2008

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Motto 1: Face the Day - Music Interlude

This is the day the Lord has made. Let us rejoice and be glad in it.

Psalms 118:24

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff they comfort me.

Psalms 23:4

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.

Nehemiah 8:10

The Mottoes: Their Origins and Purpose

Motto: a succinct statement that encapsulates an individual's principles, values, or life goals. It can be a source of inspiration, guidance, or even a reminder of one's true self, particularly during challenging moments, junctures, and thresholds.

Motto 1: Face the Day



Face the Day Storyteller: Dan Woodliff





Guided Meditation & Silence

Participant Reflections

Motto 2: Act in Good Faith - Music Interlude

For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of man.

2 Corinthians 8:21

Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways.

Proverbs 4:25-26

Run your best in the race of faith, and win eternal life for yourself; for it was to this life that God called you.

1 Timothy 6:12

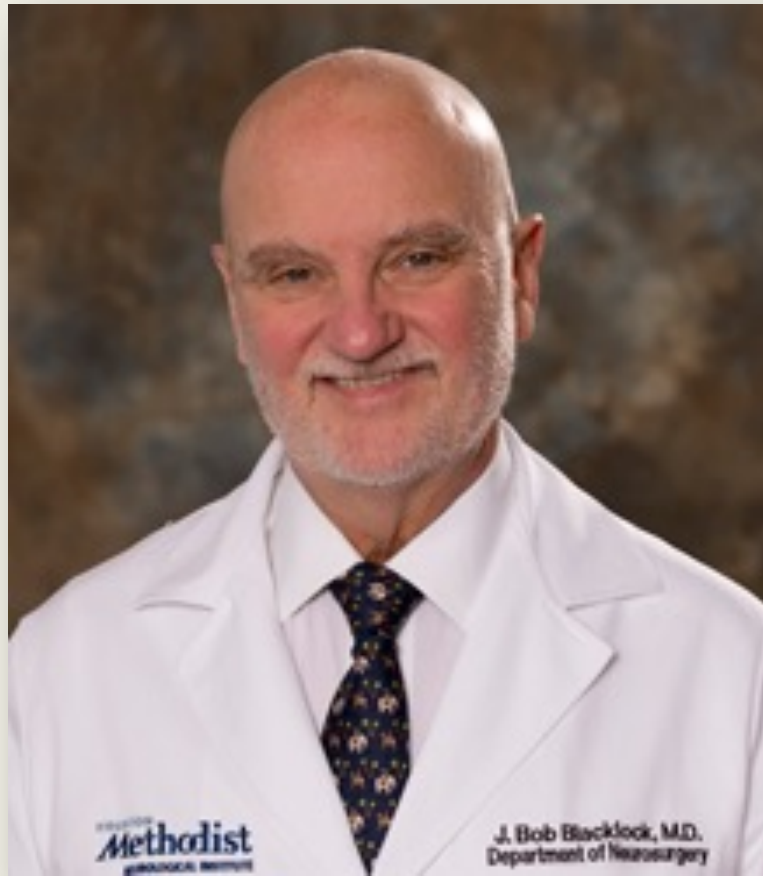
Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

Motto 2: Act in Good Faith



Act in Good Faith Storyteller: Bob Blacklock





Guided Meditation & Silence

Participant Reflections

Motto 3: Live Redemptively - Music Interlude

Behold, I am making all things new again. Write this down, for these words are trustworthy and true.

--Revelations 21:5

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

As far as the east is from the west, so far does he remove our transgressions from us.

Psalms 103:12

I have fought the good fight, I have finished the race, I have kept the faith.

--2Timothy 4:7

Motto 3: Live Redemptively



Live Redemptively Storyteller: John Allin





Guided Meditation & Silence

Participant Reflections



LUNCH!

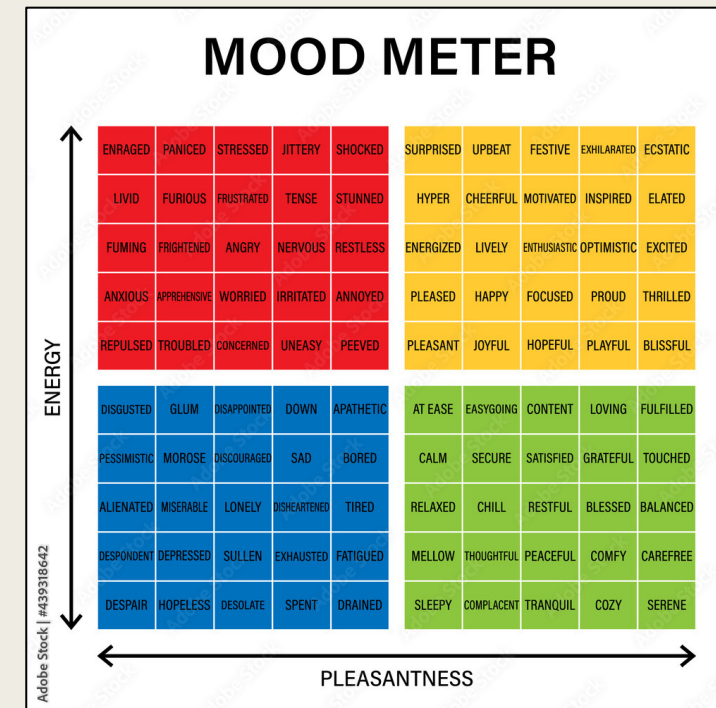
WITH OPTIONAL ACTIVITIES

Optional Lunch Activities

Write Your Own Motto

Personal Mottos: Sources and Meanings			
The motto or saying	Its source	Its meaning	A circumstance
<i>Example:</i> <i>"When there's doubt, there is no doubt."</i>	<i>Ann Allin</i>	<i>When there's uncertainty, go with your gut and be resolved.</i>	<i>Resisting peer pressure to do something harmful. Knowing when to leave an abusive relationship.</i>

Mood Meter[©]



Motto 4: Stand in Awe - Music Interlude

Stand in awe of God. And be still.

Psalm 4:4

The grasslands of the wilderness overflow;
the hills are clothed with gladness.

The meadows are covered with flocks
and the valleys are mantled with grain;
they shout for joy and sing.

Psalm 65: 12-13

He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.

Ecclesiastes 3:11

But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind.

Job 12:7-10

Motto 4: Stand in Awe



Stand in Awe Storyteller: Keith Mansel



<https://youtu.be/8st2QMHg6tU?si=ED-nBRnuLvHcTo1B>



Guided Meditation & Silence

Participant Reflections

Motto 5: Give Thanks - Music Interlude

Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.

Psalm 106:1

Oh, taste and see that the Lord is good! Happy are those who take refuge in him.

Psalm 34:8

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

Psalm 95:2

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6

Motto 5: Give Thanks



Give Thanks Homilist: Buddy Stallings





Guided Meditation & Silence

Participant Reflections



Gracious Spirit, dwell with me:

I would gracious be;
Help me now thy grace to see,
I would be like thee;

And with words that help and heal
Thy life would mine reveal;
And with actions bold and meek,
For Christ my Savior speak.

Truthful Spirit, dwell with me:
I would truthful be;
Help me now thy truth to see,
I would be like thee;

And with wisdom kind and clear
Thy life in mine appear;
And with actions brotherly,
Speak Christ's sincerity.

Holy Spirit, dwell with me:
I would holy be;
Show thy mercy tenderly,
Make me more like thee;

Separate from sin I would,
And cherish all things good,
And whatever I can be
Give him who gave me thee.

Mighty Spirit, dwell with me,
I would mighty be;
Help me now thy pow'r to see,
I would be like thee;

'Gainst all weapons hell can wield,
Be thou my strength and shield;
Let thy word my weapon be,
Lord, Thine the victory.

Gracious Spirit, swell with me,
I would be like thee!

Benediction



Send us now into the world in peace,
And grant us strength and courage
To love and serve you
With gladness and singleness of heart;
Through Christ our Lord.

Amen.